



# Shoreline Sentinel

Informing Western Michigan's Coast Guard Families

May 2005  
Volume 1, Issue 9

## Station St. Joe Watches Over the Nuclear Glow

By BM1 Kevin Stryker  
USCG Station St Joseph

Station St. Joseph has a compliment of 21 Active Duty, seven Reserve and a strong contingent of Coast Guard Auxiliary. The primary duty of Station St. Joseph is Search and Rescue, Homeland Security, and Maritime Law Enforcement. In fiscal year 2004 we conducted 135 search and rescue cases, 491 Law Enforcement boarding's, while simultaneously maintaining a vigilant watch on critical infrastructures in our area of responsibility, including two nuclear power plants.

A rewarding aspect of Station St. Joseph is the opportunity to experience many different aspects of what the Coast Guard has to offer. Our days are rarely the same, ranging from Search and Rescue to Homeland Security. Managing a short, extremely fast paced and dynamic boating season presents a unique challenge for the crew. In essence, the local community packs a full year worth of boating into approximately seven months. So, the crew must hit the water running in the Spring, ready to handle every mission and keep our portion of the lake safe! When the crew isn't conducting Coast Guard business, they focus on professional development and taking advantage of local educational opportunities.

St. Joseph is a friendly and scenic small town located 40 minutes NW of South Bend and 1 ½ hours east of Chicago. The best time to visit is during the summer, when you can take advantage of the beautiful beaches, fantastic downtown shopping and restaurants overlooking Lake Michigan. There are many enjoyable festivals throughout the summer to experience. Most noteworthy is the Venetian Festival, held annually during the third week of July. The biggest attractions of the festival are the fireworks display, classic boat parade and many concerts ranging from the 60's era to today's top hits. The station and the community are simply a great place to be!

## Military Spouse Appreciation Day

by Christy Cooper  
Sentinel Staff

May 10<sup>th</sup> is Military Spouse Appreciation Day. This is the time to pay tribute to the individuals who are a significant part of the military's member's life. Similar to the military member, the spouse's life in the Coast Guard is not just a job, but equally an adventure. A military spouse is a very special individual who wears many hats: homemaker, parent, employee, taxi driver, and volunteer--to name a few. They are the individuals who are called on to endure long separations, relocate their families often, and become head-of-household for extended periods of time.

In the case of the female spouse, this may be the very first time that she is away from her family. She may also have the added fears and anxieties of being alone as a new or expectant mother. Often times, there is no time to establish the support of friendships prior to her husband's deploying, and she may feel emotionally isolated without a proper support system in place. In any case, she is on her own. To a large extent, this also applies for a male spouse, civilian, or active duty member. They are also called on to take on additional duties and responsibilities while their partners are away.

Coast Guard spouses stand watch as valued members of the civilian community. Despite the significant challenges of balancing careers and Coast Guard life, spouses do much more than survive--they thrive and contribute to our society in a meaningful and enduring way. Military Spouse Appreciation Day is the day we all should salute military spouses throughout!



## Congratulations PO Lesher!



LCDR Wannamaker (left) reads PO Lesher's (middle) advancement notice to IT2 while PO Nugent (right) looks on.



PO VanDusen(left) and PO Nugent (right) pin Lesher's crowns on. "They didn't even draw blood this time!" said Lesher.



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<http://www.tricare.osd.mil/>

## GM's Ensure Reservists are at Home on the Range

By LTJG Daniele J. Keating, USCGR

Every reservist awaits the opportunity to shoot at the range with anticipation and enthusiasm. This year, a team of highly proficient, motivated Gunner's Mates and small arms instructors have taken charge; planning, organizing, and managing weekends at the range for all reservists. This combination of reserve and active duty Coast Guardsmen has proven to be an excellent example of what a successful active duty- reserve relationship can achieve.

Ensign Bruno, a former Marine now serving at the Group, has carefully and with Marine Corps precision, organized the firearms training for all active duty and reserve personnel, along with Gunner's Mate first class Wentzek. Their diligence and motivation to succeed has invigorated the reserve firearms training program, insisting that each reservist not only has the opportunity to shoot twice a year, but qualify as well. They have also provided a team of highly professional and equally proficient small arms instructors to help the reservists achieve their qualifications.

Personnel from the Group, Station Grand Haven, Station Holland, and Station Muskegon came together for an intensive three-day weekend at the range in April. It was a very successful weekend, with an exceptionally high percentage of shooters qualifying on all three weapons: M-16, 9MM, and shotgun. This impressive achievement can be attributed to the relationship that has been fostered between active duty and reserve personnel working together to complete tasks neither group could achieve alone.

Chief Boatswain's mate John Hersrud, USCGR, and Gunner's Mate third class Bruce Douglas, active duty Coast Guard from the Group (both small arms instructors, provided personalized training for reserve personnel as well as one on one training for those who required additional training in marksmanship. Chief Gunner's mate Fred Hartman, USCGR, taught pre-fire training, weapons nomenclature, and supervised the cleaning and reassembling of weapons after they were shot. With professional personnel assisting at every step of the evolution, the operation ran smoothly and marked the beginning of an outstanding firearms training program.

Above and beyond the obvious quantitative achievement attained is an achievement that should be considered to be far greater- the ability to work as a team. Reserve programs can be marred by communication issues which sometimes exist between active duty and reserve personnel. These issues can later materialize into real coordination and training problems and cause reserve personnel to become disenfranchised. The willingness of these active duty Coast Guardsmen to provide the means for their reserves to achieve their goals and be successful in their mission is exemplary and should be commended.

Never before have I personally witnessed such willingness by active duty personnel to spend their weekends training as I did with this group of exceptional leaders. This weekend was not only a great training success, but it was a weekend in which I felt honored to be serving with this group of highly skilled, motivated professionals. Sincere appreciation is given to all of those who worked diligently to ensure that this training evolution was a success. I personally would like to thank Ensign Bruno, Chief Hartman, Chief Hersrud, GM1 Wentzek, and GM3 Douglas for their dedication to the reserve firearms training program and its success.





## Schivo Case Prompts Living Will Discussion

by Lynne Cotton  
Sentinel Staff

With Terri Schivo case covered last month in national headlines, living wills have been a lively topic of discussion. A Living Will is a legal document where you document your wishes on certain kinds of medical treatments and life prolonging procedures. The document takes effect when you can no longer communicate your own health care decisions.

Two broad types of situations in which a living will may apply are terminal illness and permanent disability. When a terminal illness is being faced, the person will generally know what guidelines are to be expected during their treatment and they can determine what kind of treatments they want to refuse or use. A permanent disability is harder to determine which course of action is to be taken, as they often come unexpectedly. Therefore, it is important to be as specific as possible when determining your health care choices. Avoid vague comments such as "loss of dignity" because what is a "loss" to one, is something different to another.

Three guidelines to be considered when determining what medical action you want taken are: the type of disability, the severity of disability, and the permanence of the disability. Although not all disabilities are permanent, it is impossible to predict if or when you will be back at your full capacity. In addition to making choices such as feeding tubes and respirators, you must also consider experimental procedures and drugs. You may need to get with your doctor to discuss prognosis guidelines to help you personalize your requests.

In addition to your medical treatment, be sure to specify what you want done in case of your passing. Let your family know if you want your organs to be donated. Do you want to be buried or cremated? Where do you want your remains to be kept? Although they seem like common sense answers, it will be easier for your family to know your wishes and respect them.

Once you have filled out your living will, talk to your family and friends and let them know of your decisions. Also, be sure to tell them where your living will is located and leave a copy with your physician to keep in your file. The Living Will forms do vary from state to state and some experts recommend executing a new Living Will when moving permanently from one state to another. Being in the Coast Guard, we move around a lot, so check with the legal department in your region to see if a change is necessary.

You can pick up a Living Will form from your physician, hospital, medical clinic, attorney, and websites. Some agencies may charge a fee. The Coast Guard legal department can assist in this matter as well. Contact information can be obtained at [www.uscg.mil/legal](http://www.uscg.mil/legal).

## Community Events

by Anne Tapp  
Community Events Editor

### Frankfort

May 6 - 8: Mesick Mushroom Festival ~ Mesick, the morel mushroom capitol, celebrates with a grand parade, carnival, largest mushroom contest and more. For more information, call (231) 885-1130 or visit [http://www.mesick-mushroomfest.org/mushroom\\_festival.htm](http://www.mesick-mushroomfest.org/mushroom_festival.htm).

### Manastee

May 6 - 15: Celebrating Women Festival ~ Music, art events, wine tasting, crafting and historical tours are just some of the activities that will be taking place. You can obtain more details by calling (877) 626-4783.

### Ludington

May 28: Mears Sand Dragway Memorial Day Race ~ Come on out to the West Michigan Sand Dragway on May 28, 2005 for our annual sand drag racing. Racers burn down 100 yards of sand at speeds up to 138 miles per hour in less than 3 seconds. Call the Dragway for more details at (231) 873-2778.

### Muskegon

May 1 - 12: Always Remember: The Holocaust, 60 Years Later Exhibit featuring historic texts and artifacts on loan from the United States Holocaust Memorial Museum. For more information, please call (231) 722-2600.

### Grand Haven

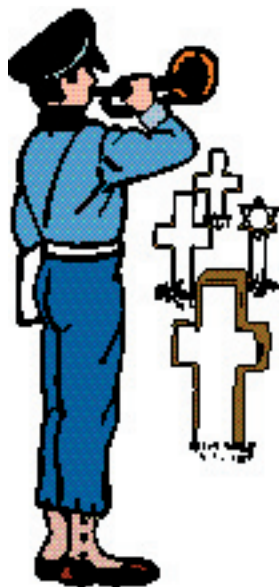
May 1, 5, 6, & 7: "Of Mice and Men" By the Central Park Players ~ The Central Park Players is a Community Theater group in Grand Haven. The box office hours are Monday-Friday 2-6 p.m., and 2-8 p.m. on the show nights. Show Sunday box office hours are 12-2 p.m. Call (616) 842-4422 for season tickets or [www.centralparkplayers.org](http://www.centralparkplayers.org). Contact the Chamber of Commerce Ambassadors at 616-842-4920 for more information.

May 20 - 22: Great Lakes Kite Festival ~ Come watch kites bigger than school buses flying routines choreographed to music, candy falling from the sky, and kiteboarding demonstrations at the Grand Haven State Park in our 15th year. Come and have fun in an inflatable obstacle course and moonwalk, carnival games, craft activities. Call (800) 622-4655 for more details.

### Holland

May 7 - 14: Tulip Time is one of the largest flower festivals in the United States. Enjoy yourself when you wander among the different color of tulips. Other activities include music and variety performances, parades, trolley tours, fireworks and much more. For additional information, call (800) 822-2770.

**Continued on page 5**







## Craft Corner

by Christy Cooper

Sentinel Staff

### French Toast Bread Pudding with Spiced Pears

Instead of making French toast slice by slice, assemble it bread pudding-style the night before. When you wake up, slide the dish in a cold oven, turn it on (so the dish heats up without cracking) let mom sleep in and get this great breakfast ready.

#### French Toast:

- 1 tablespoon butter, softened
- 1 loaf (about 1 pound) cinnamon bread, challah, brioche, or any soft, egg-enriched bread
- 6 large eggs
- 1/2 cup sugar
- 2 1/2 cups milk
- 1 1/2 teaspoons vanilla extract

#### Spiced Pears:

- 2 tablespoons butter
- 2 firm-ripe Anjou or Comice pears; cored and cut into chunks
- 1 teaspoon sugar
- 1/2 teaspoon ground cinnamon
- Freshly grated nutmeg
- Maple syrup

The night before, make the French toast: smear the butter over the bottom and sides of a 13 x 9 x 2-inch baking dish or other shallow 2-quart baking dish. Tear the bread into small pieces and scatter in the dish.

In a large measuring cup or small bowl, whisk the eggs and sugar until light. Add the milk and vanilla and whisk well. Pour over the bread evenly. Tamp down the bread with a spoon or spatula to submerge each piece in egg mixture. Cover with foil, gently pressing down so the foil is right on the surface of the mixture. Refrigerate overnight.

The next morning, remove the dish and slide it into a cold oven with the foil on. Turn oven on to 350 degrees. After 25 minutes, gently pull off and discard the foil. Continue to bake until pudding is puffed and golden brown, about 20 more minutes.

In the meantime, prepare the spiced pears: melt butter in a wide frying pan (preferably nonstick) over medium-high heat then add the pears. Stir until pears are coated well with butter, and then sprinkle sugar, cinnamon, and a good pinch of fresh nutmeg; continue to cook about 3 minutes until pears begin to soften. Pour in 1/4 cup of maple syrup; cook until bubbly then remove from heat.

To serve, spoon bread pudding onto plates and top with spiced pears. Use additional maple syrup as necessary.

Found on foodnetwork.com.

### Mother's Day

Mother's Day is just around the corner and here is a great hand-made, educational craft for dad and the kids to create a day ahead.

#### Supplies:

- White carnation
- Flower vase
- Food coloring
- Water

#### Directions:

Fill vase with 1/4 full of water. Add 10 to 20 drops amount of food coloring (red and blue food coloring work the fastest) or more if your vase is large. Put your flower in the vase and let it sit for a day. Trim flower stem at an angle before placing it in the vase. Check back every few hours to see how it's working. At the end of your project, examine the whole plant carefully (stem, leaves, buds, petals, etc.). What parts can you see the food color in?

Most plants drink water from the ground through their roots. The water travels up the stem of the plant into the leaves and flower. The plant uses the water to make food. When a flower is cut, it no longer has its roots. But the stem of the flower still drinks up the water and provides it to the leaves and flowers. If your carnation doesn't start to show color in about 6 hours, add a few more drops of food coloring. For more colors just get more carnations and vases and experiment with colors. I'm sure mom won't mind getting a few. Happy Mother's Day!



# Happy Mother's Day



## Mushroom Mania and Dune Dragway in May

by Anne Tapp

Community Events Editor

Spring has sprung in our region, and our planting season is upon us. As you head to your garden this year, don't forget to take a child along. The best thing you might grow this season is a gardener.

Kids are born naturalists. Witness a child gathering flowers or checking out a worm's path and you will see the potential relationship they have with gardens. Gardens are kid-friendly places where the thought of a seed yielding a vine-full of tomatoes is magical and dirt and water are on the OK list of things to get into.

Although not required, a handful of tools will add to the experience. These include magnifying glasses to get an up-close view, rulers and tape measures to check out the growth, and a journal to record this growth as well as other observations. Then, discover some simple pleasures like the birds or butterflies coming to visit your garden.

When it comes to gardening, we know that having a green thumb is a term associated with being successful. When asking Jeeves ([www.ask.com](http://www.ask.com)) about this term, a few different answers were provided. One theory was that King Edward I of England loved green pees, so he required several of his serfs to shell them all season. He awarded a prize to the one with the greenest thumb. Others include the green residue that clings to your fingers from algae growing on earthenware pots and the color left on one's thumb after pinching back plants.

Whichever is correct, may your family's thumbs be green this summer. Not only will you have fun and make lasting memories, you may nurture a naturalist and feed a growing mind along the way

### Explore Gardens in Your Area

Manton Pathway and Gardens, located ¼ mile north of the US-131 and M-42 intersection in Manton is a garden and 1 ½ mile nature walk. Call (231) 824-4158 for more information.

Frederik Meijer Gardens in Grand Rapids of Grand Rapids contains a variety of sculptures and scenic gardens. Visit <http://www.meijergardens.org/> for more information.

Veldheer Tulip Gardens in Holland has much more than tulips on display. Their setting of windmills, drawbridges, and canals are the backdrop for their featured peonies, lilies, daffodils, and iris. Visit <http://www.veldheertulip.com/> for more information.

Fernwood Botanical Gardens in Niles features eight acres of informal gardens, a nature center, fern conservation, arboretum woodland preserve, restored prairie, and two miles of trails. Visit <http://www.fernwoodbotanical.org/> for more information.

### Accompanying Literature

The Gardener by Sarah Stewart,

Mrs. Spitzer's Garden by Edith Pattou

Roots, Shoots, Buckets & Boots : Gardening Together with Children by Sharon Lovejoy

Green Thumbs: A Kid's Activity Guide to Indoor and Outdoor Gardening by Laurie Carlson

Gardening Wizardry for Kids by L. Patricia Kite, Yvette Santiago Banek

Life Cycle of a Sunflower by Angela Royston

Planting a Rainbow by Lois Ehlert

Growing Vegetable Soup by Lois Ehlert

Grow Your Own Pizza by Constance Hardesty



### Community Events (continued from page 3)

#### St. Joseph

May 1 – 8: Benton Harbor's Blossom Festival ~ Michigan's oldest and largest multi-community festival kicks off a week of blooming good times with several activities. Scheduled activities include a vintage baseball game, fashion show, carnival and the Grand Floral Parade. Call the Blossomtime Festival information line for more details at (269) 926-7397.

May 6: South Haven's Farm History Day ~ Kids will be able to tour the Michigan Flywheeler's museum and participate in hands-on activities like making candles, pressing apples and using washboards. Call (269) 639-2010 for more details.

#### Michigan City

May 2: Mother's Day at Washington Park Zoo ~ The first 25 moms accompanied by a child get in free. For more information, please call 219-873-1510.

